AMENDMENTS TO THE CLAIMS

Claims 1-29 (Cancelled)

- 30. (New) A sheet like substrate comprising a substantially non-polar material having coated onto at least one side thereon an anchor coating to aid subsequent coating thereon of a polar coating and/or layer, characterised in that the anchor coating comprises
- (a) a polymer comprising an optionally substituted α,β carboxylic acid optionally of high acid value preferably the polymer having a low T_n ;
- (b) a polymer comprising an optionally unsubstituted α, β carboxylic acid optionally of low acid value preferably the polymer having a high T_e ;
- (c) a cross-linker, preferably added after a period of time to a mixture of polymers (a) and (b) to cross-link the resultant coating composition and increase the $T_{\rm g}$ thereof.
- 31. (New) The sheet as claimed in claim 30, in which the polar coating or layer is selected from: a pressure sensitive adhesive and/or a metal.
 - 32. (New) The sheet as claimed in claim 30, in which the polar coating is a metal layer.
 - 33. (New) The sheet as claimed in claim 30 in which the polar coating is aluminum.
- **34.** (New) The sheet as claimed in claim 30 in which component (a) comprises a high acid imminated acrylic polymer.
- **35.** (New) The sheet as claimed in claim 30 in which component (a) is present in an amount from about 50% to about 90% by weight of the dry coat.

- **36.** (New) A sheet as claimed in claim 30 in which component (a) is present in an amount from about 70% to about 80% by weight of the dry coat.
- **37.** (New) The sheet as claimed in claim 30 in which component (b) comprises an alkyl methacrylate polymer.
- **38.** (New) The sheet as claimed in claim 30 in which component (a) is present in an amount from about 5% to about 50% by weight of the dry coat.
- **39. (New)** The sheet as claimed in claim 30 in which component (a) is present in an amount from about 10% to about 30% by weight of the dry coat.
- **40. (New)** The sheet as claimed in claim 30 in which component (c) comprises an aziridine cross-linker.
- **41. (New)** The sheet as claimed in claim 30 in which component (c) comprises trimethylol-tris(N(methylaziridinyl)) propionate.
- **42.** (New) The sheet as claimed in claim 30 in which component (c) is present in an amount from about 0.1 % to about 20% by weight of the dry coat.
- **43.** (New) The sheet as claimed in claim 30 in which component (c) is present in an amount from about 1 % to about 10% by weight of the dry coat.
 - 44. (New) An anchor coating composition comprising
- (a) a polymer comprising an optionally substituted α,β carboxylic acid optionally of high acid value preferably the polymer having a low T_{α} ;

- (b) a polymer comprising an optionally unsubstituted α,β carboxylic acid optionally of low acid value preferably the polymer having a high T_e ;
- (c) a cross-linker, preferably added after a period of time to a mixture of polymers (a) and (b) to cross-link the resultant coating composition and increase the $T_{\rm g}$ thereof.
- **45.** (New) The anchor coating composition comprising components (a), (b) and (c) as claimed in claim 44 plus a liquid carrier.
- **46.** (New) The anchor coating composition as claimed in 45, in which the liquid carrier is water.
- **47.** (New) The anchor coating composition as claimed in claim 45 which further comprises a wetting agent.
- **48. (New)** The anchor coating composition as claimed in claim 45 which further comprises a means to inhibit the cross-linking component (c).
- **49.** (New) A method for coating at least one side of a substantially planar self supporting sheet, the method comprising the steps of:
- (a) optionally treating the sheet surface (optionally by primer coat and/or corona discharge) to better receive a coating;
 - (b) preparing a coating composition as claimed in claim 44;
- (c) applying and fixing said composition to at least one surface of the sheet to form a coating thereon;
 - (d) optionally drying the coating on the sheet to remove excess liquid.
- **50.** (New) A method for coating at least one side of a substantially planar self supporting sheet, the method comprising the steps of:

- (a) optionally treating the sheet surface (optionally by primer coat and/or corona discharge) to better receive a coating;
 - (b) preparing a coating composition as claimed in claim 48;
- (c1) applying and fixing said formulation to at least one surface of the sheet to form a coating thereon;
- (c2) just before, sequentially, or simultaneously with step (c1) deactivating the inhibition means to allow cross-linking; and
 - (d) optionally drying the coating on the sheet to remove excess liquid.
- **51.** (New) The method as claimed in claim 50, in which step (c2) comprises a change in pH.
- **52.** (New) The method as claimed in any of claims 49 to 51, which comprises the further steps of:
 - (e) waiting until cross-linking has substantially been completed; and then
 - (f) applying a further coating onto the anchor composition.
- **53.** (New) The method as claimed in claim 49 or 50, in which a further coat comprises an adhesive (optionally pressure-sensitive) and/or a metal layer (optionally aluminum).
- **54.** (New) The coated sheet obtained and/or obtainable by a method claimed in any one of claims 49 or 50.
- **55.** (New) The sheet according to any of claim 30, in which the sheet comprises a cellulosic material, polymeric material and/or thermoplastic polymer.

- **56.** (New) The sheet according to claim 55, in which the sheet comprises a polyolefin, polyurethane, polyester, polyamides and/or non-hydrocarbon polymer and which is optionally oriented in at least one direction.
- **57.** (New) Packaging for an article, the packaging comprising the sheet as claimed in claim 30.
 - **58.** (New) An article packaged with packaging as claimed in claim 57.
 - 59. (New) A label and/or graphic art display comprising a sheet as claimed in claim 30.
 - 60. (New) An article comprising a label and/or graphic art display as claimed in claim 59.